

DAY 2 RECIPES

Potato Soup *Makes 8 servings, 1 cup each*

¾ cup onion, chopped
 4½ cups potatoes, peeled, diced
 1 Tablespoon soft margarine
 3 Tablespoons flour
 1 quart milk*

1. Place onions and potatoes in sauce pan. Cover with water and bring to boil. Simmer until soft, about 10 minutes. Drain.
2. Melt margarine in saucepan. Add flour and stir until smooth. Heat to thicken.
3. Add onions and potatoes to milk mixture, and heat to serving temperature.

*Use fat-free or low-fat milk.

Beef Pot Roast *Makes 8 servings, 3 ounces each*

½ cup onions, chopped	1½ cups chopped carrots
2 Tablespoons water	1½ cups chopped potatoes
2½ lbs. beef chuck roast, boneless	2 Tablespoons orange juice
2 cups hot water	¼ teaspoon ground allspice
1 cube beef bouillon	⅛ teaspoon pepper

1. Simmer onion until tender in 2 tablespoons water in heavy, deep skillet.
2. Add roast to skillet; brown on sides. Add chopped carrots and potatoes.
3. Combine beef bouillon cube with 2 cups hot water; stir until dissolved.
4. Combine orange juice, allspice, pepper, and beef broth. Pour over meat. Cover and simmer, about 2 hours.

Rice Pudding *Makes 8 servings, ¼ cup each*

1 cup milk*	1 cup evaporated milk
1 cup water	1 teaspoon vanilla
1 cup rice, uncooked	¼ cup sugar
2 eggs	⅛ teaspoon ground cinnamon

1. In sauce pan, heat milk and water.
2. Add rice, bring to boil, lower heat to simmer; stir mixture every 10 minutes. Cook covered until rice is tender, about 30 minutes.
3. In large bowl, mix eggs, ¾ cup evaporated milk, vanilla, and sugar. Set aside.
4. Add remaining ¼ cup evaporated milk to rice mixture.
5. Spoon 1 cup of mixture into egg mixture and stir. Pour egg-rice mixture into remaining rice.
6. Heat pudding until it boils, stirring continuously. Remove from heat, and sprinkle with cinnamon.

*Use fat-free or low-fat milk.